

Compulsory daily plan

Monday 8 th February	Tuesday 9 th February	Wednesday 10 th February	Thursday 11 th February	Friday 12 th February
<p>USUAL DATE AND LO WRITTEN IN YOUR BOOKS</p> <p>Differentiated work inside the pack for developing, secure and mastery.'</p> <ul style="list-style-type: none"> White Rose Maths: Watch the video https://vimeo.com/500377891 White Rose worksheet labelled Monday (Make tally charts). Day 1 of week 6 English planning which covers Reading, Handwriting, Spelling and Writing. Mymaths 	<p>USUAL DATE AND LO WRITTEN IN YOUR BOOKS</p> <p>Differentiated work inside the pack for developing, secure and mastery.'</p> <ul style="list-style-type: none"> White Rose Maths: Watch the video https://vimeo.com/500379996 Target Your Maths: Yr. 3 – P 118/119 Day 2 of week 6 English planning which covers Reading, Handwriting, Spelling and Writing. TT Rockstars 	<p>USUAL DATE AND LO WRITTEN IN YOUR BOOKS</p> <p>Differentiated work inside the pack for developing, secure and mastery.'</p> <ul style="list-style-type: none"> White Rose worksheet labelled Wednesday (Draw Pictograms). White Rose Reasoning and Problem solving challenges. (See separate sheet labelled Wednesday.) Day 3 of week 6 English planning which covers Reading, Handwriting, Spelling and Writing. Mymaths 	<p>USUAL DATE AND LO WRITTEN IN YOUR BOOKS</p> <p>Differentiated work inside the pack for developing, secure and mastery.'</p> <ul style="list-style-type: none"> White Rose Maths: Watch the video https://vimeo.com/500378019 Target Your Maths: P 120/121 Then complete White Rose worksheet labelled Thursday (Interpreting Pictograms) Day 4 of week 6 English planning which covers Reading, Handwriting, Spelling and Writing. TTRockstars 	<p>USUAL DATE AND LO WRITTEN IN YOUR BOOKS</p> <p>Differentiated work inside the pack for developing, secure and mastery.'</p> <ul style="list-style-type: none"> Target Your Maths: Yr. 3 – P122/123 White Rose challenge: Labelled Friday. Day 5 of week 6 English planning which covers Reading, Handwriting, Spelling and Writing. TTRockstars

Enrichment activities

Monday 8 th February	Tuesday 9 th February	Wednesday 10 th February	Thursday 11 th February	Friday 12 th February
<p style="text-align: center;">Geography LO – Coast</p> <p>https://www.bbc.co.uk/bitesize/clips/z9xsb9qSearch and https://www.bbc.co.uk/programmes/p0115g2f (BBC bitesize KS1 coast)</p> <p>Watch the video and spot the features of the coast and how the coast changes..</p> <p>As you did with your rivers, either draw or make a coast and label some of the features you may find. E.g. beach, cliff, river, cove, stack, bay, arch etc</p> <p>You can use the sheet provided to help you with this.</p>	<p style="text-align: center;">Science LO – Healthy hearts</p> <p>https://www.youtube.com/watch?v=RiWw69OzfPo Pulse video</p> <p>https://www.youtube.com/watch?v=Nsv84kydu84</p> <p>Learn to take your pulse and see how it changes when you do an activity. Can you make your pulse go higher? How? Can you make your pulse go lower? How? Find and draw the exercises that make your heart go higher. Find and draw the activities that make your heart go lower.</p>	<p style="text-align: center;">PE Fitness.</p> <p>Continue your work from last week on fitness. Then working with someone at home, record your progress on the fitness chart whilst completing each activity for 1 minute. You can practise through the week and see if you can beat your scores from last week?</p> <p>Extra activity – Check your pulse after each activity and make a bar chart /block graph to show which activity makes your heart beat fastest.</p>	<p style="text-align: center;">Art LO – Design</p> <p>Look at some more of Piet Mondrian's art work. https://www.tate.org.uk/art/artists/piet-mondrian-1651/introducing-piet-mondrian</p> <p>I'd like you to design and create your own Mondrian art work using Primary colours, black lines and whatever media (Paint, pencil crayons etc) you have. I'd like you to use a view from a window as your starting point. You are going to need to turn the colours you see into primary colours and many of the things you see you'll need to turn into straight lines. Let's create an online gallery by posting your pictures on Twitter.</p>	<p style="text-align: center;">DT Cookery</p> <p>Your challenge is to cook or bake something with somebody in the house? I've already seen pizzas, curries and buns being made. Decide what you want to bake, follow some instructions carefully and learn how to cook something with somebody.</p> <p>ALWAYS WORK WITH AN ADULT SO YOU CAN BE SAFE IN THE KITCHEN.</p>

Suggested daily routine

Before 09:00	Wake up	Eat breakfast, make your bed, get dressed, put your dirty washing in the laundry basket
09:00	Academic time	Complete the maths and English work in the top box
10:00	Fresh air	Wrap up warm and where possible gets some fresh air and exercise that gets you out of breath and your body working harder e.g. go for a walk, go for a cycle.
11:00	Creative time	Start or complete your creative project from the enrichment activity box
12:00	Lunch	Get the table ready
12:30	Jobs	Wipe down the table and chairs in the kitchen and your workspace. Once these are complete you can have some screen time
13:00	Quiet time	Reading time
14:30	Academic time	Finish any incomplete work from the morning and then complete online learning
16:00	Exercise time	Complete some 'Cosmic Yoga' https://www.youtube.com/user/CosmicKidsYoga
17:00	Dinner	Get the table ready
17:30	Screen time	Relax
18:30	Bedtime routine	Take a shower, pack away your clothes, ensure your bedroom is tidy, read or be read to